

# SESSION 1 - 2021



**M**

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## NOTES:

|   |                            |   |   |                                 |
|---|----------------------------|---|---|---------------------------------|
| 7   | 8<br>PICTURE DAY           | 9   | 10<br>LIFEGUARD<br>SHOWCASE   | 11<br>STATE PARKS K9<br>LECTURE |
| 14<br>CPR / FIRST AID                             | 15<br>CPR / FIRST AID      | 16<br>BIKE DAY                                      | 17  | 18<br>INSTRUCTOR<br>WIPE OUT    |
| 21<br>CAMPING CONTRACTS DUE<br>NO LATER THAN 2 PM | 22<br>TRAVEL DAY<br>No JGs | 23<br>SANTA CRUZ<br>NEW BRIGHTON SB<br>DAY USE AREA | 24<br>SANTA CRUZ<br>IRON GUARD COMPETITION<br>NEW BRIGHTON SB<br>DAY USE AREA | 25<br>TRAVEL DAY<br>No JGs      |

- Unless otherwise noted, our program runs daily 9 am - 2 pm at Negro Bar State Park.
- We send out weekly emails regarding any special events for the following week. More information is always available on our website.
- If you are interested in volunteering for bike day, please email us at [folsomjrlifeguard@parks.ca.gov](mailto:folsomjrlifeguard@parks.ca.gov)
- For information regarding the Santa Cruz camping trip, please refer to our website. You will receive a copy of the camping contract one week prior to departure. A signed camping contract is required for all participants who will participate in the program in Santa Cruz - regardless of if you are not staying in the campground
- As a reminder, if you are feeling unwell, have a fever, cough or shortness of breath please stay home.

\*\* ALL EVENTS ARE SUBJECT TO CHANGE

[WWW.PARKS.CA.GOV/FOLSOMLAKEJG](http://WWW.PARKS.CA.GOV/FOLSOMLAKEJG) | [FOLSOMJRLIFEGUARD@PARKS.CA.GOV](mailto:FOLSOMJRLIFEGUARD@PARKS.CA.GOV)

# SESSION 2 - 2021



**M**

**TU**

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## NOTES:

- Unless otherwise noted, our program runs daily 9 am - 2 pm at Negro Bar State Park.
- We send out weekly emails regarding any special events for the following week. More information is always available on our website.
- If you are interested in volunteering for bike day, please email us at [folsomjrlifeguard@parks.ca.gov](mailto:folsomjrlifeguard@parks.ca.gov)
- For information regarding the Santa Cruz camping trip, please refer to our website. You will receive a copy of the camping contract one week prior to departure. A signed camping contract is required for all participants who will participate in the program in Santa Cruz - regardless of if you are not staying in the campground
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12

13

PICTURE DAY

14

15

LIFEGUARD  
SHOWCASE

16

STATE PARKS K9  
LECTURE

19

CPR / FIRST AID  
CAMPING CONTRACTS DUE  
NO LATER THAN 2 PM

20

TRAVEL DAY  
No JGs

21

SANTA CRUZ  
NEW BRIGHTON  
STATE BEACH  
DAY USE AREA

22

SANTA CRUZ  
NEW BRIGHTON  
STATE BEACH  
DAY USE AREA

23

TRAVEL DAY  
No JGs

26

CPR / FIRST AID

27

BIKE DAY

28

INSTRUCTOR  
WIPEOUT

29

IRON GUARD  
COMPETITION

30

IRON GUARD  
COMPETITION

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